

# Measure Your Exercise

- Knowing the distance and duration of your exercise is an important component of your exercise program
- This information will help your Exercise Therapist to ensure your exercise prescription is appropriate for you



## Mall Maps:

- We have measured most indoor malls in our region
- View our program website for mall maps:
  - <https://gethearthealthy.ca/walking-sites/>

## Odometer:

- Measure your exercise route with your car, by resetting the trip odometer

## Online Tools:

- Measure your route before or after you exercise via these free websites:
  - [www.mappedometer.com](http://www.mappedometer.com)
  - [www.gmap-pedometer.com](http://www.gmap-pedometer.com)

## Outdoor Track:

- A standard outdoor track is 400m around the inside lane
- 4 laps = 1 mile, 2.5 laps = 1km

## Pedometer/Step Counter:

- Estimates distance based on the average step length
- Tracks activity levels throughout the day
- Unable to accurately measure exercise-specific distance
- Note your values before and after your exercise

## Smartphone Apps:

- Several free smartphone apps are available to track your exercise
- Google Fit, Map my Walk/Run/Ride, Samsung Health, Strava, Alltrails, etc.,

## Specialized Fitness Tracking Devices

- Apple watch, FitBit, Garmin, etc.,
- Remember to begin your tracking prior to starting your exercise